**Farro Breakfast Salad with Sweet Potatoes & Apples**

Ingredients

* 1 cup pearled or regular farro, dry
* 2 medium sweet potatoes, scrubbed and chopped
* 2 large (or 3 small) apples, cored and chopped
* 1 tablespoon neutral vegetable oil (such as safflower or grapeseed) or a vegetable oil spray
* 3 cups tightly packed, chopped kale

**FOR THE CREAMY ALMOND BUTTER CITRUS DRESSING**

* 3 tablespoons almond, sunflower seed, or cashew butter
* 1/3 cup orange juice (freshly squeezed is really nice, but bottle or carton is fine, too!)
* 2 tablespoons freshly squeezed lemon juice
* 1 tablespoon tamari or Bragg's Liquid aminos

Instructions

* Cook the farro according to package instructions.
* To roast the potatoes and apples in the oven, preheat your oven to 400F and line one or two baking sheets with parchment. Toss the sweet potatoes and apples in the oil and transfer them to the sheet or place them on the sheet and spray them with oil spray. Roast for 30-35 minutes, stirring once halfway through cooking, or until they're tender and golden.

To air fry the sweet potatoes and apples, transfer them to your air fryer basket and spray with oil. Air fry, in batches if necessary, for 12 minutes at 375F.

* Bring a small pot of water to a boil and use a steamer attachment to steam the kale for 5 minutes, or until tender.
* To make the dressing, whisk the ingredients together till smooth.
* Once the farro, potatoes, apples, and kale are cooked, mix them together in a large mixing bowl. Pour the dressing over them and toss to combine. Serve the salad warm or chill and enjoy. Leftovers will keep in an airtight container in the fridge for up to 3 days.

### Notes

In place of cooked farro, you can use cooked whole oat groats, cooked brown rice, or cooked wheat or spelt berries.